

1 suitable for those users whose wrists or forearms are weak or damaged, such
2 as users suffering from broken or strained wrists, or carpal tunnel syndrome.
3 In contrast, a heavier club composed of several cylinders, will exert more
4 torque on the wrist, providing the means for greater exercising of the wrist
5 and forearm.

6 What I Claim Is:

- 7 1) A club for exercising, made of plastic or other suitable material
8 preferable enforced polypropylene, comprised of two parts, the main
9 body or handle and a cup. Both parts are hollow in order to receive
10 steel tubes (weights), which can be added inside one another or
11 removed in order to increase or decrease the total weight of the club at
12 will. The walls of the handle and cup are no more than 2mm thick in
13 order to speed the curing time required after the injection.
- 14 2) The club in claim 1 incorporates "ribs" inside the main body and cup of
15 approximately 2mm thick, which ribs form a receptacle into which the
16 steel tubes (weights) can fit snugly.
- 17 3) The club in claim 1 has a handle, of approximately 3cm in diameter, of
18 a bee-hive design each section of which bee-hive design is
19 approximately 2mm thick.
- 20 4) The club in claim 1 has a loop of approximately 2mm in diameter at the
21 end of the handle, which loop is incorporated in the design of the club,
22 to be used for a strap to secure the club by the wrist during exercising.